

Mistrzostwa Polski Juniorów 16 letnich
Gliwice, 11. - 13.3.2016

Konkurencja 19
12.03.2016 - 9:32

Dziewcz t, 400m dowolny

16 lat
Wyniki Eliminacje

Rekordy Polski 16 lat 4:08.04 Kilija ska Donata KSZO Ostrowiec w. SSz 17.12.2011

Punkty: FINA 2015

Pozycja			Rok ur.					Czas	Pkt.	
1.	Szafra ska Julia SOc	00	KS KSZO Ostrowiec w.					4:28.05	669	A
	50m: 31.48 31.48	150m: 1:39.65 33.80	250m: 2:47.62 34.12	350m: 3:55.81 33.98	100m: 1:05.85 34.37	200m: 2:13.50 33.85	300m: 3:21.83 34.21	400m: 4:28.05 32.24		
2.	Margula Weronika	00	Mkp Szczecin					4:29.80	656	A
	50m: 31.45 31.45	150m: 1:39.33 34.48	250m: 2:47.52 34.21	350m: 3:55.97 34.30	100m: 1:04.85 33.40	200m: 2:13.31 33.98	300m: 3:21.67 34.15	400m: 4:29.80 33.83		
3.	Reks Aleksandra	00	UKS G - 8 Bielany					4:30.10	654	A
	50m: 31.51 31.51	150m: 1:39.84 34.20	250m: 2:48.32 34.30	350m: 3:56.58 34.26	100m: 1:05.64 34.13	200m: 2:14.02 34.18	300m: 3:22.32 34.00	400m: 4:30.10 33.52		
4.	Baryła Julia	00	Dwójka Morena Gda sk					4:30.80	649	A
	50m: 32.25 32.25	150m: 1:41.58 34.70	250m: 2:49.44 33.51	350m: 3:57.29 33.82	100m: 1:06.88 34.63	200m: 2:15.93 34.35	300m: 3:23.47 34.03	400m: 4:30.80 33.51		
5.	Szuster Aleksandra SO	00	UKP UNIA O wi cim					4:31.70	643	A
	50m: 31.16 31.16	150m: 1:40.18 34.83	250m: 2:49.23 34.32	350m: 3:58.19 34.34	100m: 1:05.35 34.19	200m: 2:14.91 34.73	300m: 3:23.85 34.62	400m: 4:31.70 33.51		
6.	Polanska Aleksandra	00	UKS Gos Raszyn					4:31.75	642	A
	50m: 31.90 31.90	150m: 1:39.92 34.13	250m: 2:48.26 33.96	350m: 3:57.56 34.88	100m: 1:05.79 33.89	200m: 2:14.30 34.38	300m: 3:22.68 34.42	400m: 4:31.75 34.19		
7.	Pecyna Michalina	00	Integracyjny Klub Sportowy Kon					4:33.19	632	A
	50m: 31.57 31.57	150m: 1:39.80 34.23	250m: 2:48.88 34.58	350m: 3:58.87 35.15	100m: 1:05.57 34.00	200m: 2:14.30 34.50	300m: 3:23.72 34.84	400m: 4:33.19 34.32		
8.	Bronek Martyna	00	UKS Aligator Gorzyce					4:33.68	629	A
	50m: 31.54 31.54	150m: 1:41.22 34.77	250m: 2:51.19 34.77	350m: 4:00.41 34.45	100m: 1:06.45 34.91	200m: 2:16.42 35.20	300m: 3:25.96 34.77	400m: 4:33.68 33.27		
9.	Zawisza Alina SO	00	UKP UNIA O wi cim					4:34.08	626	A
	50m: 31.61 31.61	150m: 1:41.07 34.81	250m: 2:50.87 34.75	350m: 4:00.30 34.51	100m: 1:06.26 34.65	200m: 2:16.12 35.05	300m: 3:25.79 34.92	400m: 4:34.08 33.78		
10.	Klessa Helena	00	Mkp Szczecin					4:35.11	619	A
	50m: 31.53 31.53	150m: 1:40.03 34.60	250m: 2:50.02 35.24	350m: 4:00.48 35.47	100m: 1:05.43 33.90	200m: 2:14.78 34.75	300m: 3:25.01 34.99	400m: 4:35.11 34.63		
11.	Błajet Oliwia	00	KS Warta Pozna					4:37.80	601	B
	50m: 31.93 31.93	150m: 1:42.12 35.33	250m: 2:52.76 35.23	350m: 4:03.92 35.54	100m: 1:06.79 34.86	200m: 2:17.53 35.41	300m: 3:28.38 35.62	400m: 4:37.80 33.88		
12.	Duda Katarzyna	00	Mkp Szczecin					4:37.90	600	B
	50m: 31.97 31.97	150m: 1:43.22 35.69	250m: 2:54.13 35.52	350m: 4:05.14 35.13	100m: 1:07.53 35.56	200m: 2:18.61 35.39	300m: 3:30.01 35.88	400m: 4:37.90 32.76		
13.	Janczak Patrycja	00	Mkp Szczecin					4:38.00	600	B
	50m: 31.58 31.58	150m: 1:40.86 34.98	250m: 2:51.72 35.55	350m: 4:02.83 35.53	100m: 1:05.88 34.30	200m: 2:16.17 35.31	300m: 3:27.30 35.58	400m: 4:38.00 35.17		
14.	Kruszewska Kaja	00	MKS Juwenia Białystok					4:38.48	597	B
	50m: 31.82 31.82	150m: 1:41.69 35.49	250m: 2:53.16 35.90	350m: 4:04.60 35.63	100m: 1:06.20 34.38	200m: 2:17.26 35.57	300m: 3:28.97 35.81	400m: 4:38.48 33.88		
15.	Wro ska Marianna	00	Siódemka Sopot					4:39.68	589	B
	50m: 31.90 31.90	150m: 1:42.56 35.30	250m: 2:54.42 36.02	350m: 4:06.41 35.81	100m: 1:07.26 35.36	200m: 2:18.40 35.84	300m: 3:30.60 36.18	400m: 4:39.68 33.27		
16.	Malinowska Zuzanna	00	Wojskowy Klub Sportowy I sk					4:40.30	585	B
	50m: 32.97 32.97	150m: 1:45.48 36.50	250m: 2:58.37 36.43	350m: 4:06.62 34.39	100m: 1:08.98 36.01	200m: 2:21.94 36.46	300m: 3:32.23 33.86	400m: 4:40.30 33.68		
17.	Skibczak Natalia	00	UKS G - 8 Bielany					4:40.62	583	B
	50m: 31.49 31.49	150m: 1:41.26 35.36	250m: 2:53.61 36.12	350m: 4:06.15 36.22	100m: 1:05.90 34.41	200m: 2:17.49 36.23	300m: 3:29.93 36.32	400m: 4:40.62 34.47		

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Konkurencja 19, Dziewcz t, 400m dowolny, Eliminacje, 16 lat

Pozycja			Rok ur.					Czas	Pkt.	
18.	Nowicka Patrycja		00	MTS Kwidzyn				4:40.77	582	B
	50m:	32.65 32.65	150m:	1:43.57	35.73	250m:	2:55.49	35.89	350m:	4:06.60 35.33
	100m:	1:07.84 35.19	200m:	2:19.60	36.03	300m:	3:31.27	35.78	400m:	4:40.77 34.17
19.	Chodyna Kinga		00	MTP KORMORAN Olsztyn				4:41.50	578	B
	50m:	32.36 32.36	150m:	1:42.35	35.21	250m:	2:53.80	36.01	350m:	4:06.23 36.25
	100m:	1:07.14 34.78	200m:	2:17.79	35.44	300m:	3:29.98	36.18	400m:	4:41.50 35.27
20.	Chojcka Karolina		00	UKS OLIMPIC Warka				4:41.66	577	B
	50m:	1:06.62 1:06.62	150m:	2:18.39	35.99	250m:	3:30.66	36.41	350m:	
	100m:	1:42.40 35.78	200m:	2:54.25	35.86	300m:	4:06.92	36.26	400m:	4:41.66
21.	Mikołajek Weronika		00	KP AVIA widnik				4:42.37	572	R
	50m:	32.27 32.27	150m:	1:43.86	36.35	250m:	2:56.13	36.05	350m:	4:07.65 35.78
	100m:	1:07.51 35.24	200m:	2:20.08	36.22	300m:	3:31.87	35.74	400m:	4:42.37 34.72
22.	Bła yczek Klaudia		00	KP Astromal Akwawit				4:42.90	569	R
	50m:	31.61 31.61	150m:	1:42.28	35.35	250m:	2:53.97	35.61	350m:	4:06.93 36.46
	100m:	1:06.93 35.32	200m:	2:18.36	36.08	300m:	3:30.47	36.50	400m:	4:42.90 35.97
23.	Je owska Kamila		00	CSiR MOS D browa Górnicza				4:43.17	568	
	50m:	33.05 33.05	150m:	1:44.31	35.90	250m:	2:55.96	35.56	350m:	4:08.18 36.13
	100m:	1:08.41 35.36	200m:	2:20.40	36.09	300m:	3:32.05	36.09	400m:	4:43.17 34.99
24.	Senczyszyn Barbara		00	Mkp Szczecin				4:43.37	566	
	50m:	31.62 31.62	150m:	1:42.39	35.97	250m:	2:55.27	36.15	350m:	4:08.47 36.76
	100m:	1:06.42 34.80	200m:	2:19.12	36.73	300m:	3:31.71	36.44	400m:	4:43.37 34.90
25.	Górska Julia		00	UKS Skalar Warszawa				4:43.39	566	
	50m:	30.88 30.88	150m:	1:40.97	35.60	250m:	2:53.86	36.63	350m:	4:07.99 37.15
	100m:	1:05.37 34.49	200m:	2:17.23	36.26	300m:	3:30.84	36.98	400m:	4:43.39 35.40
26.	Abramowicz Julia		00	Integracyjny Klub Sportowy Kon				4:43.48	566	
	50m:	31.12 31.12	150m:	1:42.82	36.33	250m:	2:55.43	36.11	350m:	4:07.87 36.33
	100m:	1:06.49 35.37	200m:	2:19.32	36.50	300m:	3:31.54	36.11	400m:	4:43.48 35.61
27.	Wi niewska Barbara		00	Uks,, oliborz" Warszawa				4:43.70	564	
	50m:	31.78 31.78	150m:	1:41.59	34.95	250m:	2:53.63	36.16	350m:	4:07.71 37.30
	100m:	1:06.64 34.86	200m:	2:17.47	35.88	300m:	3:30.41	36.78	400m:	4:43.70 35.99
28.	Kromolicka Wiktoria		00	KS Warta Pozna				4:44.79	558	
	50m:	31.84 31.84	150m:	1:42.18	35.99	250m:	2:54.35	36.25	350m:	4:08.24 36.85
	100m:	1:06.19 34.35	200m:	2:18.10	35.92	300m:	3:31.39	37.04	400m:	4:44.79 36.55
29.	Giemza Aleksandra		00	Mks Trójka Łód				4:46.02	551	
	50m:	31.35 31.35	150m:	1:42.63	36.38	250m:	2:56.52	37.05	350m:	4:10.55 37.15
	100m:	1:06.25 34.90	200m:	2:19.47	36.84	300m:	3:33.40	36.88	400m:	4:46.02 35.47
30.	Pipczy ska Kamila		00	MUKP Warszawianka				4:46.37	549	
	50m:	31.86 31.86	150m:	1:43.22	35.78	250m:	2:56.95	36.89	350m:	4:10.70 36.97
	100m:	1:07.44 35.58	200m:	2:20.06	36.84	300m:	3:33.73	36.78	400m:	4:46.37 35.67
31.	Rudek Wiktoria		00	Uks Orka Luba				4:46.63	547	
	50m:	31.57 31.57	150m:	1:42.37	35.72	250m:	2:55.16	36.51	350m:	4:09.43 37.30
	100m:	1:06.65 35.08	200m:	2:18.65	36.28	300m:	3:32.13	36.97	400m:	4:46.63 37.20
32.	Groblica Joanna		00	Mkp Szczecin				4:47.71	541	
	50m:	33.01 33.01	150m:	1:45.19	36.31	250m:	2:59.27	37.08	350m:	4:13.09 36.68
	100m:	1:08.88 35.87	200m:	2:22.19	37.00	300m:	3:36.41	37.14	400m:	4:47.71 34.62
33.	Julia Wójtowicz		00	Starachowicki Klub Pływacki BA				4:48.52	537	
	50m:	31.32 31.32	150m:	1:43.02	36.14	250m:	2:56.45	36.59	350m:	4:11.64 38.04
	100m:	1:06.88 35.56	200m:	2:19.86	36.84	300m:	3:33.60	37.15	400m:	4:48.52 36.88
34.	Hajdenraich Julia		00	Fala Kra nik				4:48.68	536	
	50m:	32.61 32.61	150m:	1:44.06	36.26	250m:	2:58.16	37.25	350m:	4:12.68 37.23
	100m:	1:07.80 35.19	200m:	2:20.91	36.85	300m:	3:35.45	37.29	400m:	4:48.68 36.00
35.	Kacprzak Patrycja		00	Mks Trójka Łód				4:48.93	534	
	50m:	32.03 32.03	150m:	1:42.98	35.77	250m:	2:56.77	36.99	350m:	4:11.99 37.70
	100m:	1:07.21 35.18	200m:	2:19.78	36.80	300m:	3:34.29	37.52	400m:	4:48.93 36.94

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Konkurencja 19, Dziewcz t, 400m dowolny, Eliminacje, 16 lat

Pozycja			Rok ur.					Czas	Pkt.
36.	Ciporska Katarzyna		00	MKS Polonia Warszawa				4:52.58	514
	50m:	33.15 33.15	150m:	1:45.92	36.85	250m:	2:59.90 37.05	350m:	4:15.23 37.91
	100m:	1:09.07 35.92	200m:	2:22.85	36.93	300m:	3:37.32 37.42	400m:	4:52.58 37.35
37.	Sobik Oliwia		00	CSiR MOS D browa Górnicza				4:53.27	511
	50m:	31.89 31.89	150m:	1:44.99	37.06	250m:	2:58.81 36.40	350m:	4:14.82 38.44
	100m:	1:07.93 36.04	200m:	2:22.41	37.42	300m:	3:36.38 37.57	400m:	4:53.27 38.45
38.	Ziemian Weronika		00	Siódemka Sopot				4:54.27	506
	50m:	33.65 33.65	150m:	1:47.49	37.37	250m:	3:02.51 37.35	350m:	4:17.25 37.53
	100m:	1:10.12 36.47	200m:	2:25.16	37.67	300m:	3:39.72 37.21	400m:	4:54.27 37.02
39.	Rogowicz Aleksandra		00	Uks Omega Sokółka				4:54.81	503
	50m:	32.43 32.43	150m:	1:45.02	36.93	250m:	3:01.52 38.59	350m:	4:18.66 38.64
	100m:	1:08.09 35.66	200m:	2:22.93	37.91	300m:	3:40.02 38.50	400m:	4:54.81 36.15
40.	Siatecka Weronika		00	UKP Wodnik				4:56.58	494
	50m:	32.91 32.91	150m:	1:47.95	38.03	250m:	3:03.35 37.49	350m:	4:17.84 36.80
	100m:	1:09.92 37.01	200m:	2:25.86	37.91	300m:	3:41.04 37.69	400m:	4:56.58 38.74
41.	Kustra Julita		00	Ks Mariosport				4:57.82	488
	50m:	32.78 32.78	150m:	1:46.41	37.54	250m:	3:03.51 38.69	350m:	4:20.79 38.49
	100m:	1:08.87 36.09	200m:	2:24.82	38.41	300m:	3:42.30 38.79	400m:	4:57.82 37.03
42.	Michalak Weronika		00	KS Warta Pozna				4:59.69	479
	50m:	33.78 33.78	150m:	1:48.16	37.56	250m:	3:05.44 38.61	350m:	4:22.86 38.59
	100m:	1:10.60 36.82	200m:	2:26.83	38.67	300m:	3:44.27 38.83	400m:	4:59.69 36.83
43.	Radecka Anna		00	Starachowicki Klub Pływacki BA				5:00.55	475
	50m:	31.62 31.62	150m:	1:45.67	37.80	250m:	3:04.40 39.60	350m:	4:22.05 39.10
	100m:	1:07.87 36.25	200m:	2:24.80	39.13	300m:	3:42.95 38.55	400m:	5:00.55 38.50
44.	Grieger Weronika		00	Buks Warszawa				5:01.30	471
	50m:	32.62 32.62	150m:	1:46.11	37.83	250m:	3:03.77 39.12	350m:	4:23.23 40.09
	100m:	1:08.28 35.66	200m:	2:24.65	38.54	300m:	3:43.14 39.37	400m:	5:01.30 38.07
45.	Bucycka Maja		00	Klub Pływacki Płetwal Mława				5:09.31	435
	50m:	33.75 33.75	150m:	1:48.65	37.70	250m:	3:05.46 38.52	350m:	4:27.72 41.78
	100m:	1:10.95 37.20	200m:	2:26.94	38.29	300m:	3:45.94 40.48	400m:	5:09.31 41.59
46.	Tkacz Aleksandra		00	MMKS K dzierzyn-Ko le				5:13.49	418
	50m:	33.88 33.88	150m:	1:50.75	39.03	250m:	3:10.02 39.62	350m:	4:32.13 41.53
	100m:	1:11.72 37.84	200m:	2:30.40	39.65	300m:	3:50.60 40.58	400m:	5:13.49 41.36
NW	Kozikowska Joanna		00	Uks,, oliborz" Warszawa					